



MISSILEER



Vol. 53 No. 8

Patrick Air Force Base/Cape Canaveral Air Force Station, Fla.

February 25, 2011

Airmen Deployed

Patrick Air Force Base has

125+

members deployed around the world in support of global operations.



Suicide:
One
Airman's
Account

5



Remembering
Alan W. Godfrey

11

CMSAF discusses need for strengthened resiliency at AF Association's Symposium

By Master Sgt. Amaani Lyle

Secretary of the Air Force Public Affairs

The Air Force's senior enlisted leader discussed the importance of resiliency and its impact to the service here last week during the Air Force Association's Air Warfare Symposium and Technology Exposition.

Chief Master Sgt. of the Air Force James A. Roy spoke candidly about the repercussions of a force that fails to foster a culture of resiliency, referencing hot-button issues such as alcohol-related and ground-safety incidents, spousal and child abuse, sexual assault and suicide.

"People matter ... lives matter," the chief said in regard to the consequences of failed resiliency. "Overall,

our Airmen and families are very resilient. We have to set that tone of resiliency culture within our units, within our communities."

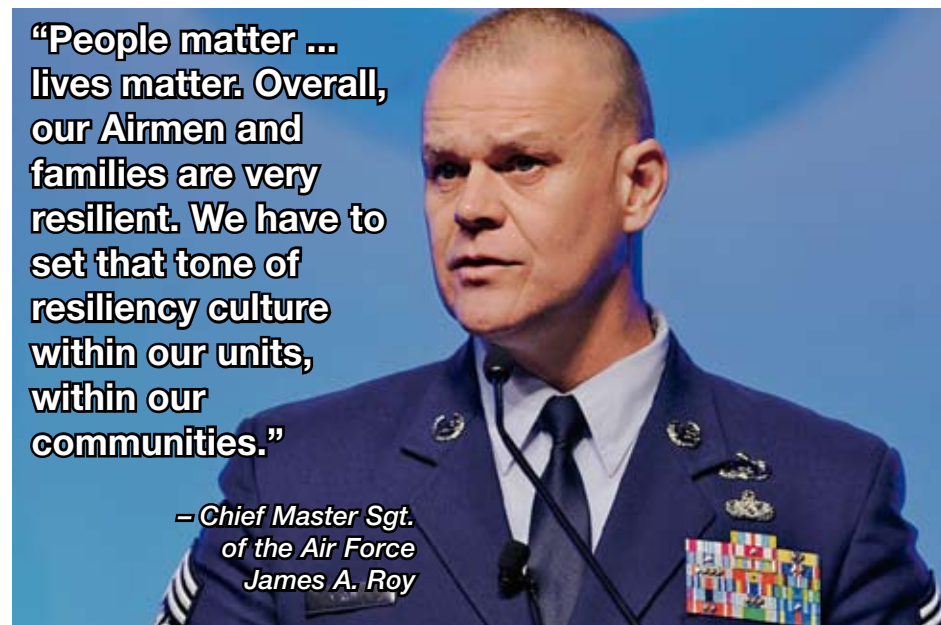
To further emphasize Airmen vocalizing the need for or offering of help, the chief presented a video of the results of failed resiliency. Airman 1st Class Austin Gates-Benson died by suicide May 3, 2010, in Afghanistan.

Assigned to Robins Air Force Base, Ga., Airman Gates-Benson seemed unlikely to commit suicide, according to his friends and family. They came forward to share their memories of an outwardly jovial Airman, friend and son.

"Austin died because he was silent about his problem," said Fred Boenig, Airman Gates-Benson's father.

"People matter ... lives matter. Overall, our Airmen and families are very resilient. We have to set that tone of resiliency culture within our units, within our communities."

— Chief Master Sgt. of the Air Force James A. Roy



U.S. Air Force photo/Scott M. Ash

Chief Master Sgt. of the Air Force James A. Roy speaks last week, in Orlando, Fla., during the Air Force Association's 2011 Air Warfare Symposium and Technologies Exposition. Chief Roy spoke about building resiliency in Airmen and their families.

"Don't be silent about yours; things that look perfect maybe aren't."

His parents, Joie Gates and Mr. Boenig, joined their son's friends and 54th Combat Communications Squadron

Commander Lt. Col. Donald Cournoyer to urge viewers to speak up about any issues they may be going through, find resources for help and assist others who may struggle.

The impetus behind

the video was clear, according to Chief Roy.

"I want to make sure no other Airman feels it necessary to go to this extreme means of ending that pain," the chief said,

See Symposium, page 6



45th Space Wing:
One Team ... Delivering Assured Space Launch, Range, and Combat Capabilities for the Nation

Next launch:
March 4, Atlas V

AFAF: 'Families helping family'

By Brig. Gen. Ed Wilson
Commander, 45th Space Wing

Three words. Three words that say it all when it comes to this year's Air Force Assistance Fund – "Commitment to Caring."

For nearly 40 years, the AFAF has a rich tradition within our Air Force Family of "taking care of their family."

And, much like a family, we tend to rally around one another in time of need.

In this case, we are guaranteeing that 100 percent of your AFAF contributions go to our entire Air Force Family, including our active duty Airmen, their family members, eligible reserve and guard members, as well as retirees who have fallen on hard times and need a "helping hand" up.



You can offer that hand by simply giving what you can when one of our unit project officers makes contact with you over the course of the next several weeks.

Here along the Space Coast, our AFAF Campaign begins March 7 and will run through April 15. Our Air Force goal this year is to make 100 percent contact and raise \$6.3 million.

For "Team Patrick" our goal is also 100 percent contact and we are shooting to raise just over

\$41,000.

We know how tight things are, especially in this economy. That said, we've seen this team come together and deliver mission success time and again! I'm confident that if we pull together we'll be able to make our goal this year (or maybe even surpass it).

As always, we are not asking for much. If it's just a few dollars per month, that's great. The key to this campaign is not "how much" we give, but more in "how many" give. Work is light when there are many hands involved.

Families are like that. We like to pitch in when we can and however we can. So, let's each lend a hand by supporting our AFAF.

And, thanks again for all you do.

ORI: Time to Prepare

By Maj. Paul Barthel
45th Logistics Readiness Flight

Over the coming months we are going to step into high gear preparing for our Operational Readiness Inspection, having just come from an assignment wearing the black hat as part of the ACC Inspector General Team I wanted to provide a few tips as far as what I saw in hopes that it may help us get ready.

- If you are not talking to your counterpart on the IG at least three months out from the inspection you are in trouble. Working together you can hammer out a lot of issues prior to the inspection's start. If you wait until the team is on the ground your unit will be

Commander's Corner

behind the power curve.

- Leadership at all levels needs to lead. It doesn't matter if you are a Squadron Commander or a shop NCOIC, you have to be out and with your troops – you cannot lead from behind a desk.

- There will always be 'fog and friction' related with any inspection, simply respond to every situation as if it was the real world. Although some scenarios may not make 100% sense always assess the situation and take action. Common sense and a sense of urgency are your best friends during an inspection.

- If you see a negative trend get in front of it. The IG will let you know the areas you are not doing well in, this is your cue to allocate resources to fix the issue before it grows.

An inspection is an imperfect tool, but it is the best tool we have to assess how our Airmen will respond when they are tasked to go into harms way.

All of us have different jobs, skills and specialties. However, we are all Airmen and we can all be called upon to jump in a convoy, secure a perimeter or perform self aid and buddy care to save someone's life.

Although we do not yet have the exact date, we do know the IG is bringing the fight to the 45th Space Wing, it is time to get ready.

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45th Space Wing Commander

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the Friday before publication.**

45th SW Safety Office Best in AFSPC



Courtesy Photo

The 45th Space Wing Safety Office recently earned the Air Force Chief of Staff Outstanding Achievement Award for Ground Safety. Members of the Safety Office include, left to right: Scott Hagen, Master Sgt. Donald Williams, Chris Olesnech, Col. Ed Rivera, Staff Sgt. Sheri Bray, Bill James, Staff Sgt. Mark Jenkins, Chuck Gaudi. Safety Career Professional of the Year Award Technician: Tech. Sgt. Sheri Bray (circled), 45th Space Wing.



Photo by Chris Calkins

1st Lt. Karl Wiest, here receiving Bronze Star earned during deployment to Afghanistan in 2010 from Brig. Gen. Ed Wilson, was named the winner of the Air Force Space Command's Bradley R. Schuldts Outstanding Communication award, as well as being named "Best of the Best" in Air Force Space Command Public Affairs.

MILESTONES

Flight Safety Plaque: 45th Space Wing

Explosive Safety Plaque: 45th Space Wing

Space Safety Plaques: 45th Space Wing

Ground Safety Plaque: 45th Space Wing

AFSPC Ground Safety Representatives of Year:
Tech Sgt. Noel E. Hernandez, 5th Space Launch Squadron

Air Force Space Command Public Affairs Communication Excellence Awards

Capt. Bradley R. Schuldts Outstanding Communication:
1st Lt. Karl Wiest, 45th SW Public Affairs

Air Force Space Command Public Affairs "Best of the Best"
Award: 1st Lt. Karl Wiest, 45th SW Public Affairs

Air Force Space Command Media Contest Awards

Best Series: Mr. Christopher Calkins, 45th SW Public Affairs
(with Wingman help from Maj. Kellie Griffith, Ms. Mindy Phelps,
45th Med Group and Mrs. Teresa Christopher, FLORIDA TODAY)



Photo by Chris Kraus

Space Coast Inn earns 93.9 percent rating

Mr. Lee Huntoon (left), Space Coast Inn lodging manager, and Maj Robert Jackson (right), 45th Force Support Squadron commander, celebrate the award of another HQ Air Force Annual Lodging Accreditation with members of the lodging team at a picnic held Feb. 17. This is the second year in a row the team has received this prestigious accreditation by the HQ Air Force Services Agency.

By Chris Kraus
45th Force
Support Squadron

Spirits are high at Space Coast Inn. That's because Patrick's premiere lodging facility was awarded another HQ Air Force Annual Lodging Accreditation after being evaluated earlier this month.

This is the second year in a row they have received the prestigious accreditation by the HQ Air Force Services Agency – and this time with an amazing 93.9 percent rating!

"I am extremely proud of our lodging team and what they have been able to accomplish from last year to this year," said Maj. Robert Jackson, 45th Force Support Squadron commander. "We improved 8.1 percentage points from last year. We will definitely ride this wave of momentum forward!"

As a result of their outstanding rating, Patrick AFB lodging will not have to be evaluated again until 2013.

"But we will be expected to make improvements and

maintain excellent standards – even when no one is looking," said Mr. Lee Huntoon, 45th Force Support Squadron's lodging manager.

Mr. Huntoon said the evaluators rated more than 320 individual tasks and duties, ranging from guest services and reservations to financial responsibility, facilities and equipment maintenance, supplies, furnishings, house-keeping activity management, and employee supervision programs.

The lodging staff

takes those tasks and duties seriously. Being an Air Force owned and operated facility, Mr. Huntoon says they are keenly aware of the need to be good stewards of tax dollars.

They achieve that goal by complying with the many Air Force regulations and directives that govern their operation, but are always looking for ways to improve.

"Since many of our lodging team members are retired military or military family members, we can easily relate to the

stress and demands of military life," Mr. Huntoon said. "As a result, one of our primary goals is to provide a 'home away from home' atmosphere for our guests by finding ways to help ease tension. Providing a good night's sleep, in a comfortable and clean room, contributes directly to the success of the overall mission. This better enables our military and civilian members to focus on their jobs, knowing they and their family members are in good hands."

Yes, quality service

demands a lot of hard work, dedication and teamwork, which Mr. Huntoon says is nothing new to the lodging team.

"Once again, this team has proven they are up to the task of delivering the best lodging facilities, amenities and services to our guests," concluded Mr. Huntoon with a smile.

For more information about the quality service and accommodations at the Space Coast Inn, call 494-6590 or visit their website at: www.GoPatrickFL.com.

A way out: My journey from the brink of suicide

**By Maj.
Karry Gladden**
*Air Force Network
Integration Center*

SCOTT AIR FORCE BASE, Ill. (AFNS) – I recently celebrated two important anniversaries.

On Jan. 30, 2010, I decided when and how I was going to end my life. The night before, I went to bed and slept for two hours, as I had for the previous nine or so months. Once I was sure my wife was asleep, I got out my laptop and researched how long it would take to bleed out from a femoral artery injury. This bit of information helped me narrow down the when and how. It also took away the last stumbling block. It had to look like an accident, primarily to ensure my sweetheart didn't spend the rest of her life wondering why I committed suicide or blamed herself.

It is important to know that I got to the brink of suicide the same way most people do – a series of stressors in my life built up until they simply got the better of me. To make matters worse I had chronic back pain, which had been increasing since an injury a year ago, resulted in less and less exercise – an important way

to relieve stress. And although I made sure members of my family received counseling for the major life events we were all facing, I just “manned up.”

Through it all, I continued my duties as a flight commander at Ramstein Air Base, Germany, and later, as an executive officer at Scott Air Force Base.

Here are signs I ignored:

- On the way home from work one day, a truck veered into my lane. I made no effort to move and was disappointed when it didn't hit me.

- I was sleeping less and less, lying awake with racing thoughts, only falling asleep when exhausted.

- I wasn't eating. Ironically though, I gained a lot of weight.

- I went through the motions of life; I went to work because I had a responsibility to my family and the Uniform Code of Military Justice.

Jan. 31, 2010, is the other anniversary, the day I decided to live. It was a Sunday morning. During church I realized that normal people do not stay awake at night researching how to die.

At home, I took my wife aside and told her everything. I also

asked her to remove our firearms from the house, not to leave me alone and take me to the emergency room or mental health first thing in the morning.

Just telling that one person, the most important person in my life, paid big dividends. She didn't look at me like I'd sprouted another head; she was upset that she hadn't noticed and that I couldn't tell her. It wasn't that I couldn't tell her, I didn't want to add to her stress.

I felt better. I got up Monday morning and decided that just telling my wife was enough. I put my blues on and told her everything was going to be okay.

I didn't need to go see anyone. She gave me the option of going willingly or in the back of an ambulance.

We went to mental health and I chose to admit myself. I would have been admitted either way, but believe me, self-admission is the way to go.

The mental health staff was very professional and sympathetic. A very knowledgeable senior airman spoke with my wife and me and started the admission process. A civilian provider made arrangements with a local hospital for care.

Once at the hospital I realized that I had never been so embarrassed or ashamed in my life. “How did I get here?” “What will everyone think?” I tried to figure out what I would tell everyone when I got out. I quickly learned a few life lessons:

- There are others there just like me, not just with the same experiences, but other Airmen.

- Sleep is a wonderful and restorative thing.

- No one, my commander included, saw me as weak or “crazy.” He was very supportive. He even called me – in the hospital – to congratulate me on my selection to major. I learned I had been selected for promotion from a call on a stainless steel phone with a cord too short to be used as a noose.

- Military personnel stay an average of four days longer than our civilian counterparts. Why the disparity? Probably because we have a tendency to “suck it up and move on,” going back to the same environment at an increased risk of relapse.

After five or six days I realized in horror that I had successfully hidden this from everyone, including my sweetheart of

“It had to look like an accident, primarily to ensure my sweetheart didn't spend the rest of her life wondering why I committed suicide or blamed herself.”

– Maj. Karry Gladden
*Air Force Network
Integration Center*

Photo illustration

19 years. I wondered how many others were going through the motions as well. We know there are others, we see the reports. How many times have we been surprised by their actions?

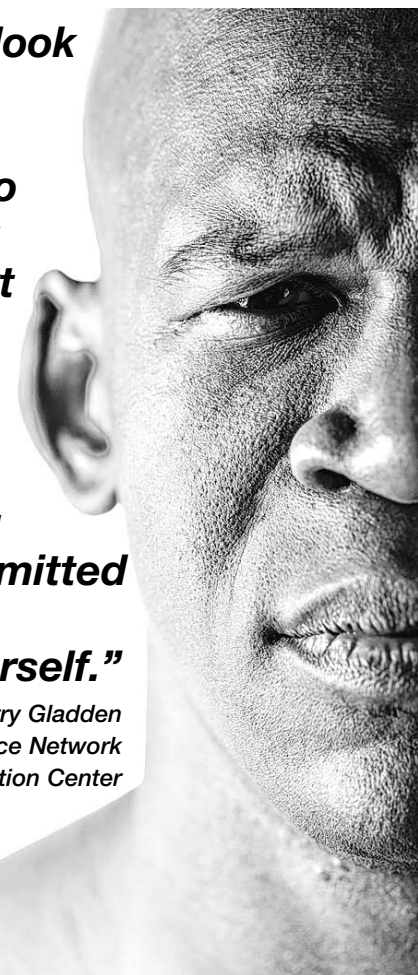
As I felt better, I felt obligated to be as vocal as I had been silent. I told my story to my unit, the Air Force Network Integration Center, and I'm telling you now.

For those supervisors, friends, spouses and wingmen:

- We have to

embrace the Wingman culture. A wingman is not a name and phone number on the back of a card. It is someone you know well enough to see when something is wrong, or know enough about their life and struggles to take them aside and offer to talk. If our relationship only exists Monday through Friday from 7:30 a.m. to 4:30 p.m., I'm not going to share my deepest darkest secrets with you.

- Look at your
See Suicide, page 7



CMSAF discusses need for resiliency

Symposium, from cover relating Ms. Gates' motivation for participating in the video.

"We ended up in 2010 with 100 suicides, and unfortunately, I have to report to you today we're already past that this year compared to where we were this time last year."

The chief also noted other trends impacting the force, adding that even dips in certain statistics should not be cause for complacency.

"Alcohol-related

incidents have come down slightly from 2009 to 2010 fiscal year, but nearly 7,000 incidents is still a lot," Chief Roy said. "I would also argue that 3,600 ground-safety incidents in FY 10 is a lot."

The chief expressed concern for indicators on the rise.

"Child- and partner-abuse cases are both up for 2009, and divorces are up for the third year in a row," the chief said. "Unfortunately, we also

have about 600 cases of sexual assault each year."

The chief's final message was a call to action for all Airmen to "communicate, care and commit."

"Our Airmen are the ultimate weapons system we have, and we need to care for them," Chief Roy said. "(Promoting) the resiliency culture is the right thing to do for our Airmen, our families and for the United States Air Force," he said.

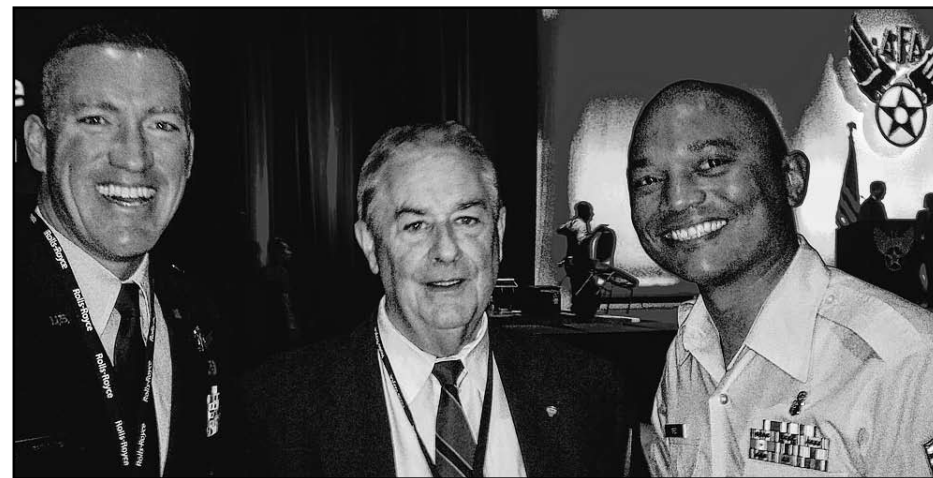


Photo by Brad Swezey

Brig. Gen. Ed Wilson, Chris "Prez" Bailey, president of the local Air Force Association, and Senior Master Sgt. James Green, 45th Medical Group, enjoy the Air Force Association's Air Warfare Symposium and Technology Exposition held last week in Orlando.

A way out: My journey from the brink of suicide

Suicide, from page 5

Airmen. There are signs and they are not always “giving away their stuff, experiencing financial problems, or other personality changes.” I enjoy humor and laughing, an easy wall to hide behind, but I also gained 40 pounds in nine months. No one said anything.

- Beware of the curse of competency. A fine line to be sure, we can't have people backing down from stressful jobs or the tough jobs wouldn't get done. At the same time, maybe an executive officer isn't the right job for an Airman who was given a humanitarian assignment to your unit.

After explaining my situation when I arrived, I was told, “We really need you to do this and it's the right time in your career. Work with your supervisor to take the time you need.”

For those of you who are stressed, not sleeping, having racing thoughts, thinking of harming yourself either actively or passively:

- Talk to someone NOW. If you are worried about confidentiality, consider this: no one besides my commander and first sergeant knew. Not even the commander's exec, and he knows everything.

- If you are worried about your career,

consider: I came out on the promotion list in the hospital, I pinned on major two months ago and I still have my security clearance. And my leaders let me keep my branch chief position.

- Tell your leaders if you are in over your head. I still feel that my leaders should never have put me in an exec position, but I didn't push the issue, either. I didn't want the stigma of having

said no or sounding like a whiner.

- Stay active. Part of my on-going therapy is physical activity in addition to regular exercise.

- Asking for help

does not show weakness, it shows courage. Be humble enough to talk to a friend, your chaplain or a Mental Health representative.

I have been reflecting on the things I would have missed.

I am grateful every day, for God, my loving companion, my understanding commander, a compassionate first sergeant and for the medical professionals who got me moving in the right direction.

Red Cross Volunteers were honored at a luncheon held Wednesday at the Tides.

From left to right are: Lt. Col. Randall C. Lambert, commander, 45th Medical Support Squadron, Burt Slesinger, a long-time Red Cross volunteer and coordinator, H. Frank Huff, winner of the "Slesinger Award," (as well as volunteer of the quarter and year) and Ms. Rhonda Graham, the 45th Medical Group Red Cross coordinator.



Photos by Jennifer Macklin



Front desk volunteers were also recognized for their contributions during the annual luncheon. "We couldn't do what we do without the support of all of our outstanding volunteers, regardless of where they help out," said Col. Corinne Naughton, commander, 45th Medical Group. "They truly were our "secret weapons" who helped us win many annual awards, including the best medical clinic in Air Force Space Command. They are selfless servants who give so much to the entire 45th Space Wing and Space Coast community," she said.



Puttin' Their Best Foot Forward

Photos by Jenifer Macklin

Above, Ms. Veronica Frazier, Youth Programs' Recreation Assistant, leads youth members in a cultural dance during their African American/Black History Month Celebration held at the 45th Space Wing Youth Center last week. "Our team worked very hard to bring this celebration together, lead by Waylend Reed," said Ms. Darleena Jones, Programs Director.

At left, dancing up a storm is Jasmine McLamore, daughter of Tech. Sgt. Tiffany McLamore, 45th Medical Group.

Join us at the Gospel Fest and Food Tasting, 6 p.m. Saturday, at the Shark Center. The dress is casual and comfortable. The cost is free. See you there.

The last event, scheduled Monday is an African American/Black History Month Trivia Contest. Patrick AFB (AFTAC, 920RW, Attached Units and CCAFS) race to answer trivia questions relating to African American History Month and this year's theme, "African Americans and The Civil War." The hour-long contest begins at 1 p.m. Questions are launched to First Sergeants and/or unit points of contact at 12:50 p.m. to collect answers from unit population. The first unit to return answers to questions by 2 p.m. wins the "First Annual AAHM Trivia Contest." Units will receive 1st, 2nd and 3rd Place awards for answering all questions by the deadline. Awards will be presented at an appropriate Patrick AFB event.



Events Calendar

Sunday 27 Sunday Brunch 10 a.m. - 1:30 p.m. The Tides	Monday 28 Framing Class 9 a.m. - noon Arts & Crafts Safe Boater Course 9:30 - 11:30 a.m., Outdoor Recreation	Tuesday MARCH 1 Quilting Class Starts 5:30 - 7:30 p.m. Arts & Crafts	Wednesday 2 Family Reunions noon - 1 p.m. A&FRC Leisure Night 4 - 9 p.m. The Tides Tae Kwon Do Class 5:30 p.m. Youth Programs	Thursday 3 Casualty Benefits Briefing 9 - 10 a.m. A&FRC Tae Kwon Do Class 5:30 p.m. Youth Programs Safety Signing Diver Course Starts 6 - 9 p.m. Outdoor Recreation	Friday 4 Intramural Running/Walking Program 6:30 a.m. PAFB Fitness Center Texas Hold'em 5 - 10 p.m. The Tides Surf Fishing Clinic Starts, 5 - 7 p.m. Outdoor Recreation Mardi Gras Party 7 - 10 p.m. Youth Programs	Saturday 5 Safe Boater Course 9:30 - 11:30 a.m. Outdoor Recreation Card Making Workshop 10 a.m. - noon Arts & Crafts Sailing Class 12:30 - 2:30 p.m. Outdoor Recreation
6 Discover Surfing Class 8 - 10 a.m. Outdoor Recreation Sunday Brunch 10 a.m. - 1:30 p.m. The Tides	7 Pre-Separation Briefing 9 - 11 a.m. A&FRC Fundamentals of Resumes 1 - 2:30 p.m. A&FRC	8 TAP 3-Day Workshop Starts 8 a.m. - 4:30 p.m. A&FRC How to Become a Millionaire 11 a.m. - 12:30 p.m. A&FRC River Fishing Clinic 9 - 11 a.m. & 5 - 7 p.m. Outdoor Recreation	9 Women, Infants & Children Program 8 a.m. - 12:30 p.m. A&FRC Leisure Night 4 - 9 p.m. The Tides Test Equipment Class 5 - 7 p.m. Auto Hobby Shop Tae Kwon Do Class 5:30 p.m. Youth Programs	10 Newborn Care/Bundles for Babies 5:30 - 7:30 p.m. A&FRC Tae Kwon Do Class 5:30 p.m. Youth Programs	11 Track Event 7:30 a.m. CCAFS Fitness Center Applying for AF Jobs 9 - 11 a.m. A&FRC Kid's Night Out 6 - 11 p.m. Youth Programs	12 2-Tank Offshore Dive Trip Outdoor Recreation Pancake Breakfast & Sailboat Races 9 - 10 a.m. Marina Safe Boater Course 9:30 - 11:30 a.m. Outdoor Recreation



FRIDAY FEB. 25 - True Grit - PG-13

SATURDAY, FEB. 26 - Country Strong - PG-13

Shows start at 7:30 p.m.; doors open at 7 p.m.

\$4.50 for adults,

\$2.25 for children; age 5 & under are free

Family Night and matinee: \$2 adults; \$1 children; age 5 and under free, www.aafes.com

Remembering Alan W. Godfrey

"It is with a heavy heart we announce the passing of Alan W. Godfrey who for the past three years worked as a Supply Management Specialist at the 45th Logistics Readiness Flight," said Maj. Paul Barthel, commander, 45th LRF.

A viewing and memorial service was held at the Florida Memorial Funeral Home Wednesday. After the memorial service the family hosted a celebration of life at the Manatee Cove Marina.

In lieu of flowers the family has asked that donations in Alan's name

be made to the American Cancer Society.

He is survived by his wife, retired Air Force Chief Master Sgt. Kathryn Godfrey; daughters, Crystal and husband Donnell, Stephanie Jorgensen and husband Larance, and

Katie Allyn Stevens; his parents, Tom and Faye Godfrey; sister, Gail; and brother, Tom Godfrey III and wife Kelly; niece, Elizabeth; and grandchildren, Alexis, Alyssa, Aries and Evangeline along with many other loving family members.

Alan was born

in South Carolina and graduated from Southridge High School in Miami. He bravely gave 10 years of service to his country in the United States Air Force prior to working at the 45th Space Wing. Alan loved his family, friends and sports.



Courtesy Photo

One Pitch Softball Tournament CANCELLED

A one pitch softball tournament scheduled for tomorrow at Schobel Field, has been cancelled. For more information, call 494-4947.

Temporary Closure of North Beach Picnic Area

Patrick AFB has been fortunate to get funding for upgrades to its beach recreation areas along Hwy A1A. As a result, the North Beach Picnic Area will temporarily close to the public beginning Monday.

Upgrades to the area, to include the boardwalk, restrooms and showers, will take approximately eight weeks to complete. The area should reopen prior to the Memorial Day weekend. For more information, call Outdoor Recreation at 494-2042.

Limited Mental Health Services

Patrick AFB Clinic's commitment is one of excellence and trust to all of our cherished beneficiaries! At times, constraints can make it difficult to provide the care you expect and deserve, and it is unfortunate that our current Mental Health staffing has been impacted due to a shortage of mental health providers across the entire Air Force.

Rest assured, we have aggressive plans underway to increase our provider staffing, but the anticipated relief won't be available for months to come. Unfortunately, full Mental Health services will be limited to active duty members only. While our active duty population will continue to have full access, active duty family members will be seen on a case-by-case basis.

Additionally, our retiree beneficiaries will be seen for emergent care only. In non-emergent situations, retirees and their family members will be referred to a network provider in the local community. We appreciate your patience and look forward to serving all of our beneficiaries with Mental Health services when our provider staffing improves. For more information, please call the Mental Health clinic at 494-8234.

Patrick Veterinary Services

Patrick's Veterinary Clinic offers a number of services to keep your pet healthy and happy. Services include: eye, skin and ear exams, health certificates, check-ups, blood work, vaccinations and microchip implants (where a small chip is implanted under your pet's skin

that carries a number which is connected to a world-wide database that stores owner and pet information).

The clinic also has a full-service pharmacy that offers flea and tick products, heartworm prevention medications, vitamins, shampoos and other medications. Eligibility is limited to persons enrolled in the Defense Enrollment/Eligibility Reporting System (DEERS) and retired military persons on a space-available basis.

Appointments are scheduled two weeks in advance – except for sick call, which are scheduled as soon as possible. The clinic is open Monday – Friday, 8 am to 4 pm.

For more information and to schedule an appointment, call 494-6080.

Space Coast Stadium hosts Military Appreciation Days

Enjoy a Washington Nationals baseball game at a discounted price during Space Coast Stadium's Military Appreciation Days, scheduled in March as follows:

March 1, 1:05 p.m., vs. New York Mets

Presented by Symetrics Industries

March 20, 1:05 p.m., vs. Detroit Tigers

Presented by Harris Corporation

Space Coast Stadium is offering \$2 off any ticket for anyone with a military ID Card, to include active duty, reserve, retired, family member or civilian. Personnel from the wing and mission partners will be included in pre-game festivities. Get there early to see them.

Airman & Family Readiness Center March activities

The Airman & Family Readiness Center has a number of upcoming events and activities in March that many will find invaluable: Family Reunions, March 2, from noon - 1 p.m.; Casualty Benefits Briefing, March 3, from 9 - 10 a.m.; Pre-Separation Briefing, March 7, from 9 - 11 a.m.; Fundamentals of Resumes, March 7, from 1 - 2:30 p.m.; TAP 3-Day Workshop Starts, March 8, from 8 a.m. - 4:30 p.m.; How to Become a Millionaire, March 8, from 11 a.m. - 12:30 p.m.; Women, Infants & Children Program, March 9, from 8 a.m. - 12:30 p.m.; Newborn Care/Bundles for Babies, March 10, from 5:30 - 7:30 p.m.; Applying for AF Jobs, March 11, from 9 - 11 a.m.; Newcomer's Orientation Briefing, March 15, from 7:30 a.m. - noon; Troops to Teachers, March 15, from 11 a.m. - 1 p.m.; Spouse Newcomer's Orientation

Briefing, March 16, from 1 - 3 p.m.; Smooth Move, March 17, from 9 - 11 a.m.; Car Buying, March 17, from 11 a.m. - 12:30 p.m.; Interview Fundamentals, March 17, from 10 - 11 a.m.; Kids of Deployed Build-a-Car Craft, March 18, from 5:30 - 6:30 p.m.; Top 3 Orientation, March 22, from 9 - 10 a.m.; Airman Financial Mgt. March 22, from 10 a.m. - 4:30 p.m.; Families of Deployed Dinner, March 22, from 6 - 7 p.m.; Women, Infants & Children Program, March 23, from 8 a.m. - 12:30 p.m.; Heart Link, March 23, from 9 a.m. - 2 p.m.; Starting a Small Business, March 24, from 5:30 - 7:30 p.m.; Teen Employment, March 30, from 9 a.m. - 1:30 p.m.; Specialty Reports, March 30, from 11 a.m. - noon; Key Spouse Training, March 31, from 9 a.m. - 1 p.m. For more information and to register, call 494-5676.

Youth Sports

Youth Programs has extended the registration deadline for the following sports programs to March 2: Baseball (ages 7 - 18), Soccer (ages 5 - 18), and T-Ball (ages 7 - 18). Sign up now at the Youth Center front desk, Mon. - Fri., from 1 - 6 p.m.

There will be a Parent Orientation at the Youth Center March 2 and March 3, from 5:30 - 6:30 p.m.

Coaches are also needed. For details, please call Director, Mr. John Berardi, at 494-3770.

Surf Fishing

Learn to fish the surf at Outdoor Recreation's Surf Fishing Clinic on March 4, from 5 - 7 p.m. On March 5, from 7 - 11 a.m., you get hands-on instruction at the beach.

If you can't make that clinic, it's being offered again on March 18 and 20. Cost is \$50 per person and includes equipment, tackle and bait. For details, call 494-2042.

Tico Warbird Airshow

The Valiant Air Command is proud to announce that it will be recognizing the 100th Anniversary of Naval Aviation at the 34rd annual TICO Warbird Airshow March 11-13 at the Space Coast Regional Airport. There will be many modern military fly-bys, demos, strafing runs, vintage and modern static displays, jet dragster and jet plane race, a car show and so much more. Parking is free and tickets are on sale now.

For more information on events, times, entertainment and prices visit www.vacwarbirds.org.

